



Dining Out on a Calorie Budget

If you've set a goal to brown bag-it or eat in more often, congratulations! Eating out can be hazardous to your health.

- ✓ It can help to **ask questions** about food preparation at the restaurants you visit often. Asking questions not only helps you make healthier decisions, it also helps to educate restaurant staff.
- ✓ **Doggie bag-it ahead** of time. *When you order*, ask for a take-home container. When your food arrives, immediately put a portion of your meal in the container and set it aside.
- ✓ **Support** your family, friend's or coworker's healthy food choices, and watch out for food sabotage – your own or someone else's!
- ✓ Agree ahead of time to **split** an entrée (&/or dessert if you usually order both). Spend some of the saved calories on a salad, piece of fruit or frozen yogurt.

?? !! Would you eat a whole one, or would you consider
sharing this selection from Starbucks:
Cinnamon Scone: 530 calories, 26 grams fat (16 grams saturated fat)



- ✓ **Educate yourself** about restaurant food choices. Most national chains have web sites with nutritional information. Be aware, though, that sometimes the nutrition information may be buried or limited. The only obvious nutrition information on the Olive Garden web site is for their Garden Fare, a limited listing of 10 of the restaurant's items.
 - Food Finder (Based on the book *Fast Food Facts* by the Minnesota Attorney General's Office) <http://www olen.com/food/>
 - *Restaurant Confidential*, Center for Science in the Public Interest, Workman Publishing, 2002.

Additional Resources

1. American Heart Association's online book ***Delicious Decisions*** includes helpful sections on *Ordering Options*, *International Indulgence* and *To Go*
http://www.deliciousdecisions.org/oa/eat_tips_main.html

Sample tips ...

- ♥ Be selective at salad bars and choose fresh greens, raw vegetables, fresh fruits, garbanzo beans and low-fat dressing. Avoid cheeses, marinated salads, pasta salads and fruit salads with whipped cream.
- ♥ At Chinese restaurants, choose steamed dumplings instead of egg rolls or fried wontons.

2. National Heart, Lung and Blood Institute's **Live Healthier, Live Longer** and **Aim for a Healthy Weight**

Tipsheet: Dining Out on the TLC (Therapeutic Lifestyle Changes) Diet

<http://nhlbisupport.com/chd1/S2Tipsheets/diningout.htm>

Tipsheet: Eating Healthy When Dining Out

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/dine_out.htm

Tipsheet: Eating Healthy with Ethnic Food

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/eth_dine.htm

Sample tips ...

- ♥ Ask if the restaurant will leave all butter, gravy or sauces off a dish.
- ♥ Terms and choices to look for when making your selections at a Mexican restaurant:
 - Spicy Chicken
 - Rice & black beans
 - Salsa or Picante
 - Soft corn tortillas
- ♥ When ordering pizza, order vegetable toppings like green pepper, onions and mushrooms instead of meat and extra cheese.